

Ensure Proper Hydration Status

TA-031-0305 USACHPPM



Fluid will enhance your performance and effectiveness in the field.
To avoid dehydration, drink fluids as often as possible.

CARBOHYDRATE SUPPLEMENT PACK (CarboPack) *Maintain Your Body's Energy At Peak Performance*

- ▶ Intended to Supplement Your Performance Needs During Periods of Prolonged, High Intensity Physical Activity
- ▶ Provides (2) 12 ounce High Energy Fluid Replacement Beverages with their own Rehydration Pouch and (1) one Energy Performance Bar in a Single Unitized Pack.
- ▶ Approved by The Surgeon General and Department of Defense Nutrition Supplement Committee
- ▶ Adopted for Service Use by the Joint Service Operational Ration Forum
- ▶ Warfighter Tested and Approved, Proven Effective
- ▶ Available "On Demand" through Supply Channels
- ▶ NSN: 8970-01-505-4134



Don't Let your Body Down!

**CARBOPACK — YOUR SINGLE SOURCE
OF HIGH ENERGY EASY-TO-PREPARE
AND HYDRATE PERFORMANCE
ENHANCING PRODUCTS**

"Hooah Bar ^(TM) and CarboPack, the Healthy Choice for Warfighters."

Meeting Performance Energy Needs

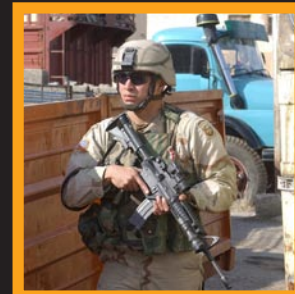


Adequate fluid and fuel intake before and after physical activity is essential for top performance and recovery in the field.

"Hooah Bar ^(TM) and CarboPack, the Healthy Choice for Warfighters."

Fueling your body for top performance in the field

The Hooah Bar ^(TM) and CarboPack, the Healthy Choice for Warfighters



Facts about Performance Products

- ▶ Hooah Bar ▶ CarboPack ▶ Sports Bars
- ▶ Fluid Replacement Beverages ▶ Sport Gels

Criteria for Commercial Off-the-Shelf Sport Bars

- ▶ Look for bars that provide at least 30 grams of carbohydrate
- ▶ Recommend 10 grams or less of protein
- ▶ Keep sodium less than 240 mg
- ▶ No substances other than carbohydrate, protein, fat, electrolytes, vitamin and minerals
- ▶ Recommend choosing a bar that has no to low saturated and transaturated fats
- ▶ Recommend choosing a bar that has at least 1 gram of fiber



Table 1. Recommended Commercial Off-The-Shelf Sports Bars

PRODUCTS	Serving Size (g)	Calories	Carbohydrate (g)	Protein (g)	Sodium (mg)
HooAH!™ Bar	65	280	40	10	150
Odwalla Bar (not super protein)	62	230	41	4	125
PeakBars	77	244	57	4	201
MPN Oatmeal WARPBar	50	180	31	8	75
Powerbar	65	230	45	10	90
Harvest Power Bar	65	240	45	7	80
You are What you Eat	56	200	40	4	130

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Criteria for Commercial Off-the-Shelf Fluid Replacement Beverages

- ▶ Look for beverages that provide 9-19 grams of carbohydrate per 8 ounce beverage
- ▶ Recommend less than 4 grams of protein per 8 ounce beverage
- ▶ Keep sodium less than 160 mg per 8 ounce beverage
- ▶ No carbonation
- ▶ No substances other than carbohydrate, protein, fat, electrolytes, vitamin and minerals

Table 2. Recommended Commercial Off-The-Shelf Fluid Replacement Beverages

PRODUCTS	Serving Size	Calories	Carbohydrate (g)	Protein (g)	Sodium (mg)
CarboPack Beverage	8 oz	60	15	0	110
Cerasport	8 oz	76	13	-	102
Gookinaid	8 oz	86	10	-	64
GU20	8 oz	50	13	-	120
MetRx ORS	8 oz	75	19	-	125
Powerade	8 oz	72	19	-	53
Power Bar Endurance Sports Drink	8 oz	70	17	-	160
Gatorade Original	8 oz	60	15	0	110

“The criteria matrix for each bar, beverage and gel is intended as an educational and interim guidance tool for purchase of COTS items until “On Demand” availability for the Hooah Bar (™) and CarboPack products is established through DSCP.”

Criteria for Commercial Off-the-Shelf Sport Gels

- ▶ Look for sport gels that provide at least 20 grams of carbohydrate per serving
- ▶ Recommend less than 10 grams of protein per gel
- ▶ Keep sodium less than 300 mg per gel

Table 3. Recommended Commercial Off-the-Shelf Sport Gels

PRODUCTS	Serving Size (g)	Calories	Carbohydrate (g)	Protein (g)	Sodium (mg)
Carb-BOOM!	41	110	27	0	50
ProBoom	88	150	26	10	180
Hammer Gel	36	86	22	0	18
Lava Gel	34	100	25	0	75
GU*	32	100	25	0	40
Clif Shot:	32	100	25	0	40
Accel Gel	41	90	20	5	95
Powergel*	NA	120	26	0	45

*Caution: GU Gel contains herbs. Accel gel contains iron. PowerGel contains kola and caffeine. Cliff shot contain caffeine.

Properly Fueling the Body



Proper nutrition will fuel your body for optimal energy and top performance.

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